

SUPPORT

# VETERANS AT SANCTUARY ONE



People, Animals & the Earth: Better Together



Military veterans are especially welcome to volunteer and participate in our service learning program at the Sanctuary. We host groups of vets from the VA Southern Oregon Rehabilitation Center & Clinics, as well as ColumbiaCare.

Your support makes it possible for our care farm to provide this community service. We receive no government funding and rely on your tax-deductible donations to provide a place of healing for veterans.

**Working with animals and gardening has been widely shown to help veterans lower blood pressure, ease depression and stress, and help establish therapeutic relationships.**

## Join Sanctuary One in supporting veterans

**\$1,000 Plant a tree at Sanctuary One and join our inaugural 2021 Veteran Living Arbor Memorial (20 opportunities in 2021)**

**\$2,000 Name a Learning Garden Raised Bed to honor our veterans. (8 opportunities in 2021)**

Raised beds allow for more food to be grown by our veterans and other service learning groups to donate to food banks, and allow easier accessibility for veterans and others with mobility differences.

To join Sanctuary One in supporting veterans at the farm please contact Megan Flowers, Executive Director, at [megan@sanctuaryone.org](mailto:megan@sanctuaryone.org) or 541-821-5331.

Besides the healthy fresh air and exercise, studies have shown that endorphins are released when a person is gardening, thereby promoting a feeling of well-being.

Research into care farming shows that one of the most important aspects of farming for health is the connection it fosters between the veteran and other people who genuinely care for his or her health and happiness.

